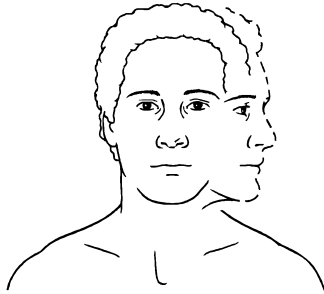
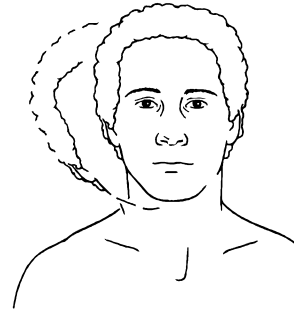


CERVICAL SPINE - 1 AROM: Neck Rotation



Turn head slowly to look over one shoulder, then the other.
Hold each position 3-5 seconds.
Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 2 AROM: Lateral Neck Flexion



Slowly tilt head toward one shoulder, then the other. Hold each position 3-5 seconds.
Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 3 AROM: Neck Flexion



Bend head forward.
Hold 3-5 seconds.

Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

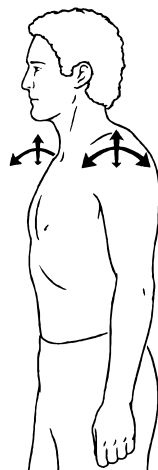
CERVICAL SPINE - 4 AROM: Neck Extension



Bend head backward.
Hold 3-5 seconds.

Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

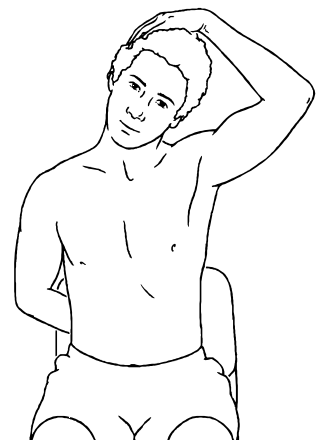
CERVICAL SPINE - 22A Strengthening:
Shoulder Shrug (Phase 1)



Shrug shoulders up and down,
forward and backward.

Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

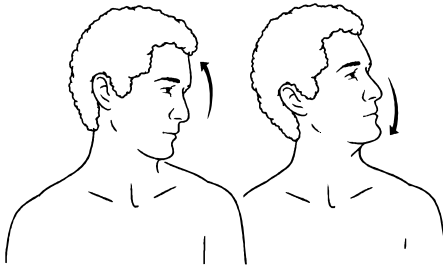
CERVICAL SPINE - 23 Flexibility: Upper Trapezius
Stretch



Gently grasp right side of
head while reaching behind
back with other hand. Tilt
head away until a gentle
stretch is felt. Hold
3-5 seconds.

Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

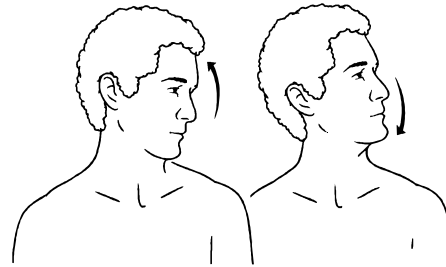
CERVICAL SPINE - 37
Upper Cervical Flexion Mobilization



Rotate head as far as possible to right. Gently nod head up and down.

Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

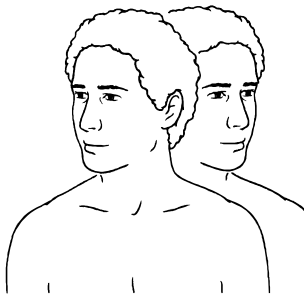
CERVICAL SPINE - 37
Upper Cervical Flexion Mobilization



Rotate head as far as possible to left. Gently nod head up and down.

Repeat 58 times per set. Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 40 Upper Cervical Rotation

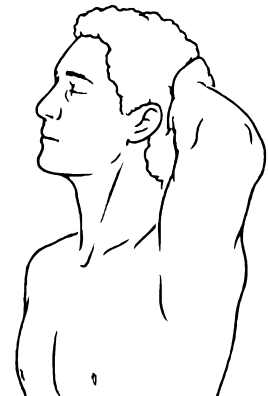


Rotate head slowly from side to side as if saying "no". Do not turn head completely to either side. Keep motion small.

Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 15 Strengthening: Extension
– Isometric (Out of Neutral)

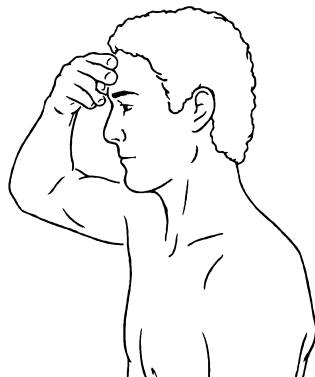
Bend head backward. Apply light pressure to back of head with fingertips and resist bending head further backward.
Hold 3-5 seconds.



Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 7 Strengthening: Flexion
– Isometric (in Neutral)

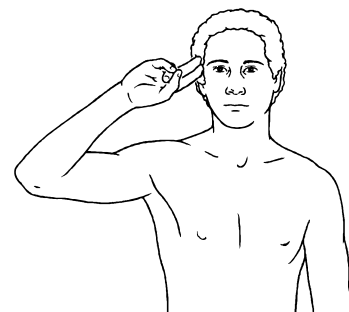
Using light pressure from fingertips at forehead, resist bending head forward.
Hold 3-5 seconds.



Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 5 Strengthening: Lateral Bend
– Isometric (in Neutral)

Using light pressure from fingertips, press into right temple. Resist bending head sideways. Hold 3-5 seconds.



Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.